



Super Rescue Soup

Makes: 6 Servings

“We live on Long Island, and when Hurricane Sandy struck, we were without power for 15 days,” reports Peter’s mom, Jill. “The grocery stores had no produce, dairy, or meat, but it was harvest time at our local farmstand, so there was plenty of fresh produce available there. We filled a wagon with fresh produce, added some pantry staples, and came up with this soup, which we could cook on our gas stovetop. To round out the meal we would serve Peter’s Banana Split Fruit Salad. Split a banana, top with berries and low-fat yogurt, and finish with ground flaxseed sprinkles.”

Ingredients

1/2 cup dried cannellini beans (or 1 15-ounce can, drained and rinsed)

1/2 cup pearl barley

2 tablespoons olive oil

1 small onion, finely chopped

2 medium carrots (scrubbed and finely chopped)




2 cups finely chopped celery

Nutrition Information

Nutrients	Amount
Calories	187
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	440 mg
Total Carbohydrate	31 g
Dietary Fiber	8 g
Total Sugars	5 g
Added Sugars included	0 g
Protein	5 g
Vitamin D	0 mcg
Calcium	77 mg
Iron	3 mg
Potassium	706 mg

N/A - data is not available

MyPlate Food Groups

	Vegetables	1 1/4 cups
	Grains	1/2 ounce
	Protein Foods	2 1/2 ounces

1 medium zucchini (quartered lengthwise and cut into 1/2-inch pieces)

3/4 cup green beans (cut into 1/2-inch pieces)

1 russet potato (peeled and cut into 1/2-inch cubes)

1/2 cup tomato sauce (or one medium tomato, chopped)

1/2 teaspoon salt (or to taste)

Directions

1. If using dried beans, soak them overnight or do a quick soak (boil for 2 minutes, then remove them from the heat and let soak for 1 hour).

2. In a medium saucepan over moderate heat, cover the presoaked beans with 2 inches of water and cook until tender, about 30 minutes. Add 1 1/4 cups water, bring to a boil, and add the barley. Lower the heat and simmer for 45 minutes. Set aside. (If using canned beans, wait to add them to the soup until step 4.)

3. In a large saucepan over moderate heat, warm the olive oil. Add the onion, carrots, and celery and sauté, stirring occasionally, until translucent, about 5 minutes. Add the zucchini and green beans and sauté until beginning to soften, about 3 minutes. Add the potato and sauté, stirring occasionally, for 3 minutes.

4. Add 6 cups of water and the tomato sauce, raise the heat, and bring the soup to a boil. Lower the heat and simmer for 20 minutes. Add the beans and barley and continue to simmer for 5 more minutes. Season with salt, and purée with an immersion blender, if desired.

Notes

State: New York

Child's Name: Peter Murphy, 9

Nutrition Information does not include banana split fruit salad

Source: The Epicurious 2013 Healthy Lunchtime Challenge Cookbook